Spring has sprung

You know spring has come when the Eastern Tent Caterpillar begins to form its web in the crotch of trees.

Control is easiest when the insect is small. They leave the nests during the day to feed, so be sure that the entire tree is sprayed.

There are a number of pesticides that could be used: Sevin, Methoxychlor, Diazinon, Dursban, Orthene, or Bacillus Thuringiensis. Now is the time to treat.

* * *

I expect to see more sod planting this year because it's a way to save fuel which means dollars; also it's getting late to plow the heavier soils.

In my opinion it takes a better job of management for no-till or sod planted corn or beans than it does for the conventional method.

Some growers in Virginia have been using Toxaphene in a tank mix when sod planting to control wireworms and cutworms. There are sometimes problems getting the pesticide to mix properly - - a good job of cleaning equipment must be followed if the same spray rig is used on tobacco land or alfalfa. When used as a preplant incorporated material, it is labeled for corn for grain and silage.

Information has been distributed to custom spreaders concerning mixing techniques. If individual farmers need it - - please let us know.

* * *

If I were growing a crop of tobacco in 1980 and if the fungicide was available, I would sperid an extra $25 to prevent another occurance of field bluemold.

* * *

If you haven't pruned and vines or trees need it - - go ahead - - the loss of sap is temporary and usually stops in a few days - - when leaves appear.

* * *

Asparagus need a liberal application of fertilizer - - 4 pounds of 5-10-10 per 25 foot of row. Work it in now.

Control weeds in the asparagus bed with Princep.

* * *

A scattering of radish along with beets or carrots helps open the soil for the primary crop. Radishes will be harvested in four weeks - - allowing room for the other plants.

* * *

Growth is beginning to emerge on roses - - time to prune rose canes about half their original length.

* * *

Crabgrass control in lawns should have been done - - at least in the next week. There are a number of sprays or granular herbicides that can be used.

* * *

Just because there is a good moisture supply and grass is green doesn't mean cattle need the entire pasture boundry. Cut off the area that can be most easily saved as hay and graze the remainder. After you've taken a cutting of hay and summer is here, you may need the entire boundry for grazing.

This is pasture management as it should occur, but often doesn't happen.

* * *

We've had falls about clover mites in the home. They don't injure the structure or persons. Their presence can be a real nuisance. A vaccum and selected insecticides will correct the problem.

* * *

PRECIPITATION

Last Week	2.07
This Month	2.77
This Year	13.17

Local UDC club hosts convention

Members of the Appomattox Chapter United Daughters of the Confederacy, hosted the annual spring conference of the Third District, Virginia Division on Saturday, April 12, at St. Anne's Episcal Church in Appomattox. All 14 chapters of the district were represented according to Mrs. Frances Harvey, Registration Chairman, who reported a total attendance of 95.

Mrs. T. Marshall Cunningham, District Chairman, presided at the meeting which convened at 10 o'clock offollowing registration and coffee hour from 9:15 to 10 a.m. Guests were welcomed by Mrs. Otho W. Martin, Jr., president of Appomattox Chapter. Mrs. Lucille Ferrell served as conference secretary.

Mrs. Frank I. Silek of Front Royal, president of Virginia Division, was guest speaker. She presented the general work of the organization and challenged members to continue in their endeavors. Other division officers and committee personnel gave instructions in their areas of work. Following this there was a roll call of chapters with a report from each chapter president.

After business, lunch was served by ladies of St. Anne's Church.

The day's schedule ended with a tour of the Appomattox Court House Historical Park by those desiring to partidpate.

MR. AND MRS. JOHN GOIN are shown holding beautifully decorated cake presented him at a reception last Friday. Mr. Goin retired from the Soil Conservation Service after 30 years service. The cake made by Mrs. June Thornhill was decorated to resemble farmland, complete with a pond, fisherman, and game for hunting. Mr. Goin and his wife plan to really enjoy retirement.

Park facilities closed

Virginia State Parks Commissioner Ben H. Bolen announced that due to waterfront construction at Pocahontas State Park in Chesterfield County, swimming and boating facilities will be closed for the 1980 summer season.

"Construction of a new simming pool has already begun, and when completed, should greatly enhance the recreational opportunities being offered at Pocahontas," said Bolen.

"This waterfront construction will not interfere with other park activities such as horseback riding, camping, hiking, picnicking and nature interpretation," commented Bolen.

Information concerning camping and cabin reservations may be obtained by phoning Monday through Friday, 10 a.m. to 4 p.m. (Toll-Free in Virginia) 1-800-582-8012; (out of state) 1-804-499-0853, or by writing the Ticketron Reservation Center in Virginia Beach, or contacting The Division of State Parks,1201 Washington Building, Capitol Square, Richmond, Virginia 23219 (Telephone: 804-786-2134).

Mother And Daughter Lose 150 Pounds Thanks Slim & Trim

Patricia Johnson and her Mother, Jo Scott, have lost 150 pounds on the Slim & Trim Diet in less than a year. Patricia, employed by Fidelity, and a mother, says the program has been great - for her and she highly recommends it. Jo says she can't believe how much better she feels and looks. The diet gave her the incentive, support and guidance she needed.

Slim And Trim Diet Club
will hold its next meeting in the Appomattox Area at
Fidelity American Bank, Hillcrest Branch
Monday, April 14th at 7:30 p.m.
Save $6.00
Registration $6.00
Weekly Dues $3.00
Bring this Coupon and Save $6.00
Offer Ends April 30, 1980

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CIC means Certified Insurance Counselor.

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Diet should be watched for more than one reason

By SHIRLEY W. WALTON
Extension Agent

Diet has been linked as one factor to the development of cancer, diabetes, stroke, coronary heart disease and atherosclerosis. Since these five diseases are among the ten leading causes of death in the United States, they are a major source of concern to the population. Patterns of eating have changed dramatically over the last 70 years, including an increase in consumption of fats, simple sugars and animal proteins. The Senate Select Committee on Nutrition and Human Needs has formulated a report entitled "The Dietary For The United States" in which suggestions are made on how to modify the American diet to produce a diet which would maximize good health. These suggestions include the following guidelines.

Eat more: Fresh fruits and vegetables, whole grain cereals. Eat less high fat foods.

Trim all visible fat from meat. Discard meat drippings. Use soft margarine in place of butter. Use vegetable oils in place of lard. Eat less high sugar foods. If you are a soft drink lover (on the average every person consumes 295 12-ounce cans a year), reduce the number you drink. Total elimination of soft drinks from the diet could result in at least half the recommended reduction in sugar consumption for some people.

Cut down on baked goods such as cookies, cakes, pies, high sugar snack foods such as candy bars. Eat less high salt foods. Avoid salted or smoked meats and fish, pickles, olives, sauerkraut and highly salted snack foods such as potato chips and pretzels.

The same Senate Select Committee on Nutrition and Human Needs has made the following suggestions for improving your diet. They are:

1. Increase consumption of fruits, vegetables and whole grain cereal products.
2. Decrease consumption of animal fat. Eat lean meats, poultry and fish which reduce saturated fat intake.
3. Decrease consumption of foods high in fat.
4. Except for young children, substitute non-fat or low-fat milk for whole milk and low fat dairy products for high fat dairy products.
5. Decrease consumption of high cholesterol foods.
6. Decrease consumption of sugar and foods high in sugar content.
7. Decrease consumption of salt and foods high in salt content.

Homemakers, if you have a homemaking question or problem, you may call 352-8244 or write us at P.O. Box 488, Appomattox, Va. 24522.

Have a good week!

Orange-Carrot Salad
1 (6-ounce) pkg. orange-flavored gelatin
2 cups boiling water
1½ cups cold water
2 large carrots, shredded
1 (11-ounce) can mandarin oranges, drained
1 (15½-ounce) can crushed pineapple, undrained
½ cup chopped pecans (optional)
Lettuce
Carrot curls
Pecan halves

Dissolve gelatin in boiling water, and stir in cold water. Chill until partially set.

Fold carrots, oranges, pineapple, and chopped pecans into thickened gelatin. Spoon into an oiled 2-quart mold; chill until set. Unmold on lettuce, and garnish with carrot curls and pecan halves. Yield: 12 to 15 servings.

Acreage reports accepted

By TOM CONRAD
Report Fall-Seeded Acres - ASCS is currently accepting acreage reports for the 1980 feed grain and wheat programs.

There is no set-aside requirement and all farmers who file an accurate acreage report will be eligible for program benefits.

Farmers have until May 1 to report the sizes and intended uses of their wheat, barley, oats, and rye crops. The report should be as accurate as possible. The more accurate the report, the less trouble the farmer has to qualify for program benefits.

ASCS will randomly check farms to verify that acreage reports are accurate and also make aerial photographs available for farmers to identify their fields.

The entire farm must be certified correctly before a program participant can receive the benefits of price support, disaster and deficiency payments.

This year it is important for all farmers to report their crops. With no set-aside provisions, everyone who reports will be eligible for any payments made, regardless of planted acres and normal crop acreage.

Farmers who have not certified their fall-seeded crops are urged to do so as soon as possible. The ASCS office is open from 8 a.m. to 4:30 p.m., Monday through Friday.

Use Pre - Measurement Service - Farmers can assure that they comply with provisions of the 1980 wheat and feed grain programs and tobacco programs by taking advantage of pre-measurement and other producer services offered by ASCS.

We will measure, reference and mark out fields with stakes prior to planting. To be certain of full compliance, farmers must plant within the stakes that are placed when the land is measured.

Producers who take advantage of pre-measurement are then guaranteed that the fields are a certain size. This is important in helping them plan which fields to plant to certain crops.

Other producer services include measurement of fields or subdivisions to be planted, total cropland, and land areas for other purposes. Fees vary, based on the type of service rendered. The services are guaranteed for the program year in which they are taken.

Pre-measurement is especially useful before planting marketing quota crops such as flue-cured tobacco. Producers of this crop will not have the opportunity to adjust their crop acreage to gain program compliance.

Check with us for further details on premeasurement.

ASCS Today

AYH schedules seminar

The Appomattox Young Homemakers are hosting a seminar on energy conservation in the home. It will be held on Thursday, April 24, at 7:30 p.m. in the high school cafeteria.

Mr. Norman Howe from Central Virginia Community College will conduct the hour long program and answer questions at the conclusion.

This meeting is sponsored by the Virginia Energy Conservation Commission and is free to anyone wishing to learn more about conserving energy.

FRCC slates barbecue

The Falling River Country Club will host a pork barbecue and cocktail party for members and their guests this Saturday, April 19.

Anyone planning to attend should either sign up at the club house or call 352-5767 before Thursday night so that the correct amount of pork can be purchased.

Wood purchases listed

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending April 6. Purchases are listed by counties.

Albermarle	$15,451.19
Amelia	8,931.89
Amherst	1,057.99
Appomattox	12,965.41
Augusta	97.53
Bedford County	1,861.53
Buckingham	17,049.55
Campbell	1,358.56
Charlotte	4,105.64
Cumberland	3,283.12
Franklin County	699.52
Goochland	2,017.11
Halifax	255.71
Lunenburg	225.06
Nelson	13,706.12
Nottoway	1,806.03
Pittsylvania	4,284.92
Powhatan	2,247.30
Prince Edward	11,426.00
Prince William	761.70
Total	$110,213.15

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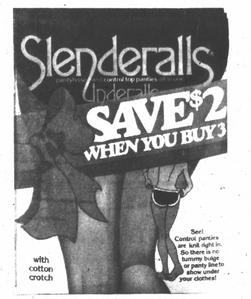
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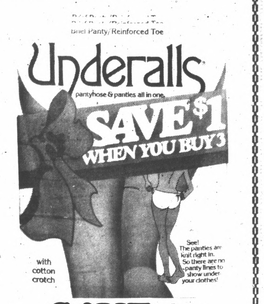
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Tuesday - Friday, April 22, 23, 24 & 25
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On Sat., Apr. 26 from 9:00 a.m. until 6:00 p.m.

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